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- HIP BOOGIES, LEFT, RIGHT, 4 LEFT**
1 - 2 Bump hips left, bump hips right
3 - 4 Bump hips left, bump hips left
5 - 6 Bump hips left, bump hips left
- BACK ANGLE STEPS RIGHT, TOUCH LEFT, BACK LEFT, TOUCH RIGHT**
7 - 8 Step back on right foot at 4:00 angle to right, touch left foot next to right foot
9 - 10 Step back on left foot at 8:00 angle to left, touch right foot next to left foot
- FORWARD RIGHT SHUFFLE, ROCK BACK, ROCK FORWARD**
11 & 12 Shuffle forward, right-left-right
13 - 14 Rock back on left foot, rock forward on right foot
- FORWARD LEFT SHUFFLE, ROCK BACK, ROCK FORWARD**
15 & 16 Shuffle forward left-right-left
17 - 18 Rock back on right foot, rock forward on left foot
- STEP FORWARD, ROCK BACK WITH 1/2 TURN TO THE RIGHT, STEP RIGHT, HITCH LEFT**
19 - 20 Step forward with right foot, rock back on left foot while pivoting 1/2 turn to the right
21 - 22 Step down on right foot, hitch left knee (raise left knee while hopping on right foot)
- STEP FORWARD, SLIDE RIGHT**
/Shift weight to right
23 - 24 Step forward on left foot at 11:00 angle, slide right foot together (shift weight to right foot)
- CROSS PIVOT 1/2 TO THE RIGHT**
25 - 26 Cross left foot in front of right, pivot 1/2 turn right on balls of feet (weight remains on right)
27 - 28 Cross left foot in front of right, pivot 1/2 turn right on balls of feet (weight shifts to left)
- RIGHT SIDE SHUFFLE, ROCK BACK LEFT, ROCK RIGHT**
29 & 30 Shuffle to the right, stepping right-left-right
31 - 32 Rock back on left foot, shift weight to right foot
- STEP OUT LEFT, SLIDE RIGHT TOGETHER**
33 Step out with left foot
34 - 36 Slide right foot together using 3 counts (weight remains on left)
- RIGHT KICK BALL CHANGE, STEP RIGHT, PIVOT 1/4**
37 & 38, kick right forward, step down on right, step down on left (weight ends on left)
39 - 40 Step forward w right foot, pivot 1/4 to left
- REPEAT**